

## Recipe For: Pumpkin Soup



### Ingredients:

2 sugar pie pumpkins - *cut  
meat cut up into chunks  
(no skin)*  
4 cups water  
4 bouillon cubes  
2 cloves garlic  
1 onion, sliced  
¾ cups milk (any kind)

### Directions:

Add raw pumpkin meat (cut into chunks with no skin) to pot. Add all other ingredients to pot. Bring to a boil and then simmer for about 2 hours (until cooked down about ½ way). Allow to cool down some and then blend fully in blender. Stir in ¾ cups milk and serve warm or cold!



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## Recipe For: Roasted Pumpkin Seeds



### Ingredients:

Fresh pumpkin seeds  
1/3 stick butter  
Salt (to taste)

### Directions:

Preheat oven to 300°F. Clean and dry pumpkin seeds. Melt 1/3 stick of butter and mix with seeds and salt in bowl. Arrange in single layer on aluminum baking sheet and bake for 40 minutes or until golden brown and crispy.



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